

Therapist

*(talking into the mic about the patient, (Justin), and giving his info-- she identifies all of his exposition-- gives the date)*

Today is October 29th, 2008 and I am about to have my third session with Justin. He is sixteen years old-- a junior in high school. I have just diagnosed him with a severe panic disorder. He has all of the textbook traits: hyper-anxiety, paranoia, panic attacks, and depression. Justin began developing the symptoms over the past six months, but saw a big increase in the attacks after a minor car accident this summer. He now struggles to get through each school day. Justin feels as though having his parents attend him in session would only increase his anxiety, therefore he attends sessions alone. He and his parents refuse to consider medication, so with only our three sessions a week, I am not very optimistic

*(Knock on door. Justin enters the room-- extremely edgy )*

Therapist

How are you doing? How is your day?

Justin

Not good. I'm trouble breathing I feel like I'm on the edge-- I gotta home. I can't be outside can't be inside. I can't be around people right. Everything is getting tight, closing in...

Therapist

You're not going home-- you are safe here-- you are here because you want help

Justin

*(escalating)* I can't be helped-- it's too late-- people are watching me-- you are with them-- everything is too tight, I can't breath... *(he tears at his clothes)*

*(cross fade to earlier moment in time)*

Mark

*(looking at computer)* Try tearing at your clothes.

Justin

Like tear them off?

Mark

No man, like they're too tight-- just keep talking how you can't breathe and think you're having a heart attack or something--like you're going to die-- say you heart is pounding

Justin

Do you think I should bite myself--I mean on my leg or something??

Mark

What are you talking about? You should bite me you jackass!

*(cross fade back to present)*

Justin

I feel like I'm having a heart attack...(he clenches and opens his left fist as if he is losing sensation--a symptom of a real heart attack.